

# GROUPS AND CLASSES



**HORIZON**  
Rehabilitation Limited

## WEEKLY SCHEDULE

MON	TUE	WED	THUR	FRI
<b>10 - 11 AM</b>  <b>STEADY STROLLERS</b>  (INTRODUCTORY WALKING GROUP)  Marlow Sports Club, Pound Lane SL7 2AE £5 payable on the day. Call to book.		<b>1.30 - 2.30 PM</b>  <b>EXERCISE FOR PARKINSON'S (SEATED)*</b>  Burnham Park Hall	<b>2 - 3 PM</b>  <b>STRENGTH AND CONDITIONING</b>  (FOR OLDER PEOPLE AND THOSE WITH HEALTH OR NEUROLOGICAL CONDITIONS)  Court Garden Leisure Centre, Marlow	<b>TBC</b>  <b>STAY STEADY BALANCE</b>  (FALL PREVENTION, HELPING OLDER ADULTS STAY STRONG)  <i>Not currently running but we are holding a waiting list</i>
<b>4.00 - 4.30 PM</b>  <b>SEATED EXERCISE FOR STROKE</b>  Phoenix Stroke Club (Age Concern) Glade Road, Marlow		<b>2.30 - 3.30 PM</b>  <b>HIGH INTENSITY EXERCISE FOR PARKINSON'S (STANDING)*</b>  Burnham Park Hall	<b>1.45 - 2.45 PM</b>  <b>LOVE TO MOVE</b>  (FOR THOSE WITH DEMENTIA)  Pugin Rooms, Marlow £3 donation. Contact Dementia Action Marlow to book.	

\*To book contact Parkinson's UK Slough, Maidenhead and Windsor Branch: [secretary@parkinsonsswm.org.uk](mailto:secretary@parkinsonsswm.org.uk). Sessions are £18 for a block of 3 classes, subsidised for members.

Strength & Conditioning classes £100 for 6\*\*

\*\*Includes assessment with a physiotherapist

\*\*£65 to book an assessment (you then get this back as credit when you sign up for a block of classes.

Or £65 for an assessment and £20 PAYG classes if places available.  
To book call Horizon on 01280 825711.



Call Us: **01280 825711**



Visit our website: <https://www.horizonrehabilitation.co.uk/>